

THERE ARE many kinds of abuse.

Abuse can be physical, when someone hurts your body. It can also be verbal or emotional—threats and cruel talk are abuse, too.



NO ONE, not even a family member, has the right to be violent or abusive.



HERE ARE some facts about child abuse and violence that you should know:

- Most child abuse is done by family members.
- Children suffer when anyone in the home is abused.



CHILDREN WHO SEE abuse or violence have a hard time at school.

CHILDREN WHO WITNESS VIOLENCE or abuse are more likely to be depressed and worried.



WATCH FOR these signs. They could be signs of child abuse:

Children who are being abused may sometimes:

- Have bruises or marks that can't be explained.
- Have a hard time sleeping.
- Have pain, swelling, or blood in the mouth or genitals that no one can explain.



CHILDREN WHO ARE abused may also:

- Feel very scared, sad, or withdrawn for no reason.
- Be mean or abusive to others.
- Copy the way adults act sexually.

Children who are abused may have no interest in school or other things they used to like to do.

WHAT TO DO if you suspect child abuse:

- Teach your children to tell you if something bad happens to them.
- Get advice right away.
- You can call the hotline numbers listed on the back of this sheet for help and advice.



IF YOU are in an unsafe place, protect yourself and your children:

- Talk to someone you trust. Get help to leave.
- Find a safe place to stay with your children.
- If you are scared, talk to the police now.
- Keep emergency numbers next to your telephone.



MAKE A PLAN in case you need to leave your home in a hurry. Set aside:

- Extra clothes for you and your children.
- Some money.
- Your ID and other important papers.

IF YOU ARE in danger or have been hurt:



- Go to a safe place. It could be a friend's house or a store nearby.
- Call 9-1-1 or ask someone nearby to call.
- Get the medical help you need.
- Call a shelter if you need a place to stay.
- Call 800-656-HOPE for a crisis center near you. You are not alone.



WAYS TO LIVE free of abuse:

- Talk with your children and treat them with respect.
- Get to know your neighbors.



Get the help you need if you are living with abuse now. It is okay to ask for help.

Ask police about crime-watch programs.



DOMESTIC VIOLENCE TIPS

PROTECT YOUR FAMILY FROM ABUSE. YOU CAN HAVE A SAFE HOME

If abuse is happening in your home, don't keep it a secret. Talk to someone. Get help.

WHERE to find help:

California Consortium to Prevent Child Abuse
1-800-Children

Toll-free Child Abuse Hotline
(Voice) 1-800-422-4453 (TTY) 1-800-222-4453

Toll-free National Domestic Violence Hotline
(Voice) 1-800-799-7233 (TTY) 1-800-787-3224

Toll-free Victim Resource Line
1-800-842-8467

National Crime Prevention Council
www.ncpc.org